


















20 WEEK - WEEKEND WARRIOR TRAINING GUIDE

maca
cancer
200
2020 CHALLENGE

20 WEEK - WEEKEND WARRIOR TRAINING GUIDE

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1: WEEK COMMENCING - 25 MARCH BUILD 1 WEEK	am		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	pm	30min stretch						
2: WEEK COMMENCING - 1 JUNE BUILD 2 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
3: WEEK COMMENCING - 8 JUNE BUILD 3 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
4: WEEK COMMENCING - 15 JUNE MAXIMUM WEEK	am		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
5: WEEK COMMENCING - 22 JUNE BUILD 1 WEEK	am		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	pm	30min stretch						
6: WEEK COMMENCING - 29 JUNE BUILD 2 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
7: WEEK COMMENCING - 6 JULY BUILD 3 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
8: WEEK COMMENCING - 13 JULY MAXIMUM WEEK	am		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
9: WEEK COMMENCING - 20 JULY BUILD 1 WEEK	am		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	pm	30min stretch						
10: WEEK COMMENCING - 27 JULY BUILD 2 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		

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WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11: WEEK COMMENCING - 3 AUG BUILD 3 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
12: WEEK COMMENCING - 10 AUG MAXIMUM WEEK	am		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
13: WEEK COMMENCING - 17 AUG BUILD 1 WEEK	am		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	pm	30min stretch						
14: WEEK COMMENCING - 24 AUG BUILD 2 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
15: WEEK COMMENCING - 31 AUG BUILD 3 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
16: WEEK COMMENCING - 7 SEPT MAXIMUM WEEK	am		90min ride inc. intervals	30 - 45min recovery ride	90min ride inc. intervals	Recovery 30 - 45min stretch	2 hour intense ride	3 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
17: WEEK COMMENCING - 14 SEPT BUILD 1 WEEK	am		60min ride inc. intervals	30 - 45min recovery ride	60min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	90min endurance ride
	pm	30min stretch						
18: WEEK COMMENCING - 21 SEPT BUILD 2 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	90min intense ride	2 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
19: WEEK COMMENCING - 28 SEPT BUILD 3 WEEK	am		75min ride inc. intervals	30 - 45min recovery ride	75min ride inc. intervals	Recovery 30 - 45min stretch	1:45 hour intense ride	2.5 hour endurance ride
	pm	30min stretch		Strength Program		Recovery massage		
20: WEEK COMMENCING - 5 OCT EVENT WEEK	am		60min ride inc. intervals	45min recovery ride	45min ride inc. intervals	Recovery 30 - 45min stretch	RIDE EVENT 	
	pm	30min stretch		30min stretch		Recovery massage		

STRENGTH PROGRAM FOR CANCER 200 2020 CHALLENGE



- Lift weights for at least 30 minutes at least once a week
- Take breaks between weightlifting days. Stretch to recover from weight training
- Aim for muscle fatigue. The best results will happen when you push your muscles
- Perform 1 repetition every 2 seconds. This timing seems to be most effective
- Rest for 1 minute or less between sets. Complete 3 sets of 10 repetitions for each exercise
- All exercises below can be completed in the home without formal gym equipment

Warm up / Activation



Bench squat with rotational chop.



Mini band crab walk

Warm up / Activation



Dumbbell Bulgarian split squat.



Single leg Romanian dead lift.



Dumbbell step-up onto 20cm box.



Standing Machine Hip Adduction.



Standing shoulder cable raise.



Seated double calf raise.

Straight-arm plank with shoulder touch.



T-stabilization.



FLEXIBILITY PROGRAM FOR CANCER 200 2020 CHALLENGE



- Weekly stretching is important for injury prevention and comfort
- Stretch when your muscles are warm and aim to hold each stretch for 30 seconds
- Consider stretches that target the Glutes, Quads, Hamstrings, ITB, Adductors and Calves
- Don't bounce when you stretch
- Stretch safely and stretch regularly



TRAINING PROGRAM GUIDELINES FOR CANCER 200 2020 CHALLENGE



- Peak Preparation has provided a variety of different training programs and training guidelines for the Cancer 200 2020 Challenge.
 - These programs are simply a guideline and do not take individual circumstances into account.
 - If they are completed as written, Peak Preparation is confident you will be well prepared physically for the event. The training programs give the rider flexibility to move between programs as they see fit.
 - Peak Preparation recognises that life events sometimes get in the way of training. If you miss a training session then just let it go and don't try to make it up later in the week.
 - Peak Preparation suggests that you enter into these training programs with general caution and awareness of your own abilities.
 - Feel free to contact Peak Preparation for more specific, individualised programs. However, there will be a cost involved for these programs.
 - Peak Preparation recommends that all riders consider using indoor stationary bikes for training if the weather is particularly bad. Peak Preparation also recommends that Novice riders restrict their cycling to closed roads and/or bike paths.
- based on estimated experience and roughly the number of hours riders currently spend on the bike per week.
- If you consider yourself an experienced rider who rides regularly week in and week out then the Advanced training program will be the right fit for you. If you are a fair-weather weekend warrior rider who rides a couple of times each week then the Weekend Warrior training program will be the right fit for you. If you are a complete novice rider with little to no cycling experience then the Novice training program will be the right fit for you.
 - Peak Preparation recommends committing to the 20-week if possible as this will ensure you are best prepared for the event. If you hear about the event late and still want to participate the 10-week and 5-week training program options are designed to prepare you as best as possible.
 - The Novice training program has no specific goal for each training session. It is purely designed for the rider to build up time in the saddle to complete the ride.
 - For the Weekend Warrior and the Advanced training programs each cycling session has been specified as either:
 1. Recovery ride – easy spinning to let the body recover from an intense ride the day before
 2. Interval ride – periods of hard riding alternated by periods of rest
 3. Intense ride – ride at a pace equalling about 80% of max for the whole ride
 4. Endurance ride – ride at a pace equalling about 60-70% of max for the whole ride.

CYCLING TRAINING PROGRAMS

- Peak Preparation has designed 9 separate cycling training programs for the Cancer 200 2020 Challenge.
- There are 20-week, 10-week and 5-week training programs that have been designed for the advanced rider, the weekend warrior and the novice rider. The programs have been designed

